

KAMLOOPS FAMILY SERVICES Contact Information

PREGNANT? NEW FAMILY? CARING FOR YOU AND YOUR BABY

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|--|--------------------------------|
| Interior Community Services..... | 250-554-3134 |
| Baby's Head Start & First Steps | |
| Interior Health – <i>Healthy from the Start</i> Universal Prenatal Registry | |
| Ask questions/Get Support • www.interiorhealth.ca/HealthyFromTheStart | 1-855-868-7710 |
| Kamloops Aboriginal Friendship Society..... | 250-376-1617 |
| Kamloops YMCA-YWCA Early Years Centre/Child Care Resource & Referral..... | 250-376-4771 |
| La Leche League (info on local resources)..... | 1-800-665-4324 |
| Mothers for Recovery..... | 250-377-6890 |
| Public Health Maternity Care..... | 250-851-7362 |
| Pre/Post Natal Mental Health Services..... | 250-851-7450 |
| Public Health..... | 250-851-7300 |
| • Breastfeeding Centre | • Immunization |
| • Child Care Licensing | • Lift the Lip (Dental Clinic) |

LOOKING FOR SPECIALIZED INFORMATION AND SUPPORT?

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| Child & Youth Mental Health (North Shore)..... | 250-554-5800 |
| Child & Youth Mental Health (South Shore)..... | 250-371-3648 |
| Children's Therapy & Family Resource Centre..... | 250-371-4100 |
| Occupational & Physiotherapy, Speech & Language, Autism Diagnostic Clinic, Family Resources, Supported Child Development, Kamloops Autism Program | |
| Insight Support Services..... | 250-554-0085 |
| • Autism Supports | • Family Support Services |
| • Behaviour Consultation | • FASD Key Worker |
| Kamloops Infant Development Program..... | 250-371-4140 |
| Public Health (Speech, Audiology, Nutrition, Dental, Nursing)..... | 250-851-7300 |
| Secwepemc Child & Family Services..... | 250-314-9669 |
| White Buffalo Aboriginal Health Society & Resource Centre..... | 250-554-1176 |

LOOKING FOR FAMILY EDUCATION & SUPPORT?

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|---|-----------------------------------|
| Boys and Girls Club - Family Development Programs..... | 250-554-5437 |
| Children's Therapy & Family Resource Centre..... | 250-371-4100 |
| Family Tree Family Centre..... | 250-377-6890 |
| Insight Support Services..... | 250-554-0085 |
| Interior Community Services..... | 250-554-3134 |
| • Early Connections | • Healthy Beginnings |
| • Families First | |
| Kamloops Aboriginal Friendship Society..... | 250-376-1617 |
| Kamloops Infant Development Program..... | 250-371-4140 |
| Kamloops YMCA/YWCA Child Care Resource and Referral / Early Years Centre..... | 250-376-4771 |
| • Early Learning Centre | • Nobody's Perfect Parent Program |
| • Child Care Resource & Referral | |
| Lii Michif Otipemisiwak Family and Community Services (Interior Métis)..... | 250-554-9486 |
| Make Children First..... | 250-554-3134 |
| Secwepemc Child & Family Services..... | 250-314-9669 |
| White Buffalo Aboriginal Health Society & Resource Centre..... | 250-554-1176 |

DO YOU HAVE A QUESTION ABOUT SAFETY?

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| BCAA Car Seat Information..... | 1-877-247-5551 |
| Kamloops RCMP..... | 250-828-3000 |
| Safe Start Injury Prevention Program..... | 1-888-331-8100 |

LOOKING FOR PLAY, EARLY LITERACY & PROGRAM OPPORTUNITIES?

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|--|-------------------|
| Boys & Girls Club - Bright Red Book Bus (July & August @ various locations and parks). Call for schedule..... | 250-554-5437 |
| City of Kamloops Parks and Recreation Services..... | 250-828-3500 |
| Family Tree Drop-In Program (downtown)..... | 250-377-6890 |
| Kamloops Early Language & Literacy Initiative (KELLI)..... | 250-554-3134 |
| • Parent-Child Mother Goose Programs | |
| Kamloops YMCA/YWCA Child Care Resource and Referral / Early Years Centre..... | 250-376-4771 |
| • Toy & Resource Lending Library | • Baby Rhyme Time |
| • Interactive Early Learning Drop In Centre | • Locomotion time |
| Lii Michif Otipemisiwak Family and Community Services..... | 250-554-9486 |
| StrongStart Programs (Drop-In): | |
| • A.E. Perry Elementary..... | 250-376-6224 |
| • Arthur Hatton Elementary..... | 250-376-7231 |
| • Marion Shilling Elementary..... | 250-372-7795 |
| • Summit Elementary..... | 250-372-1224 |
| • Haldane Elementary (Chase)..... | 250-679-3269 |
| • Raft River Elementary (Clearwater)..... | 250-674-2218 |
| • Barriere Elementary..... | 250-672-9916 |
| Thompson-Nicola Regional District Library System | |
| • Kamloops Library..... | 250-372-5145 |
| • North Kamloops Library..... | 250-554-1124 |

OTHER IMPORTANT PHONE NUMBERS & HELP LINES

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| Emergency Help..... | 911 |
| 24 hour Crisis Call Line..... | 1 888-353-2273 |
| BC Kids Help Line..... | 250-310-1234 |
| Child & Youth Mental Health (North Shore)..... | 250-554-5800 |
| Child & Youth Mental Health (South Shore)..... | 250-371-3648 |
| Health Link BC..... | 811 |
| • Registered Nurse, Pharmacist, Dietician | |
| Ministry of Children & Family Development..... | 250-371-3600 |
| Poison Control..... | 1-800-567-8911 |
| Public Health (general question and support)..... | 250-851-7300 |
| RCMP Victims Services..... | 250-828-3223 |
| Royal Inland Hospital..... | 250-374-5111 |
| Victims Information Line..... | 1-800-563-0808 |
| Y Women's Emergency Shelter..... | 250-374-6162 |

ABORIGINAL SERVICES

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|---|--------------|
| Kamloops Aboriginal Friendship Society..... | 250-376-1617 |
| Lii Michif Otipemisiwak Family and Community Services (Interior Métis)..... | 250-554-9486 |
| Qwemtsin Health Society..... | 250-314-6732 |
| Secwepemc Child & Family Services..... | 250-314-9669 |
| White Buffalo Aboriginal Health Society & Resource Centre..... | 250-554-1176 |

For more information contact **Make Children First**
250-554-3134

www.makechildrenfirst.ca

FREE OR LOW COST Family Activities (F-Free, C-Cost, D-Drop-In, R-Registration)

WEEKDAYS

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|---|--|--|--------------|
| AE Perry StrongStart (F/R/D)..... | 8:30 am - 11:30 am | AE Perry Elementary - 1380 Sherbrooke Ave | 250-376-6224 |
| Arthur Hutton StrongStart (F/R/D) | 8:30 am - 11:30 am (M,T,Th,F) • 12 - 3 pm (Wed) Arthur Hutton Elementary - 315 Chestnut..... | | 250-376-7217 |
| Boys & Girls Club – Bright Red Book Bus (F/D)..... | July & August | Various times and locations. Call for schedule | 250-554-5437 |
| City of Kamloops Pools (C/R) | Various times and locations | www.kamloops.ca/swim..... | 250-828-3655 |
| Marion Schilling StrongStart (F/R/D) | 8:45 am - 11:45 am..... | Marion Schilling Elementary - 2200 Park Dr | 250-372-2027 |
| Parent-Child Mother Goose (F/R) | Various times and locations..... | www.interiorcommunityservices.bc.ca | 250-554-3134 |
| Public Skate (C/D) | Various times and locations..... | www.kamloops.ca/arenas | 250-828-3335 |
| Summit Elementary StrongStart (F/R/D)..... | 8:30 am - 11:30 am | Summit Elementary - 425 Monarch Crt | 250-372-1224 |
| YMCA-YWCA Interactive Early Learning Drop In Centre (F/D) 9:00 am - 12:00 pm..... | | John Tod Centre - 150 Wood St | 250-376-4771 |

MONDAY

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|--|---|--|--------------|
| Family Tree Drop-In Center (F/D)..... | 9:00 am - 12:00 pm | 657 Seymour Street..... | 250-377-6890 |
| Healthy Beginnings (F/D)..... | 9:45 am - 11:45 am..... | Kamloops Aboriginal Friendship Society - 2355 Parkcrest Ave | 250-554-3134 |
| Tiny Tunes (F/D)..... | 10:30 am | North Kamloops Library - 693 Tranquille Road • www.tnrndlib.ca | 250-554-1124 |
| Tiny Tunes (F/D)..... | 10:30 am | Kamloops Library 100-465 Victoria St • www.tnrndlib.ca | 250-372-5145 |
| Under the Eagles Wing (F/D)..... | 10:00 am - 12:00 pm | Kamloops Aboriginal Friendship Society - 2355 Parkcrest Ave | 250-376-1617 |
| YMCA-YWCA Interactive Early Learning Drop In Centre Baby Locomotion Time(F/D) | 11:00 am - 12:00 pm (pre-crawlers to new-walkers) • John Tod Centre - 150 Wood St | | 250-376-4771 |

TUES

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|--|---------------------------|---|--------------|
| Big Little Science Centre (C/D)..... | 10:00 am - 4:00 pm | 655 Holt Street (Call for summer hours) • www.blscs.org | 250-554-2572 |
| Family Tree Drop-In Center (F/D)..... | 9:00 am - 12:00 pm | 657 Seymour Street..... | 250-377-6890 |
| Kamloops Museum & Archives (D/R/C/by donation) | 9:30 am - 4:30 pm | 207 Seymour Street • www.kamloops.ca/museum..... | 250-828-3576 |
| Parenting Program (F/D) | 9:30 am - 12:00 pm | Kamloops Aboriginal Friendship Society - 2355 Parkcrest Ave | 250-554-3134 |
| YMCA-YWCA Drop In Baby Rhyme Time (F/D) | 11:30 am - 12:30 pm | John Tod Centre - 150 Wood St..... | 250-376-4771 |

WEDNESDAY

| | | | |
|--|---------------------------|---|--------------|
| Big Little Science Centre (C/D)..... | 10:00 am - 4:00 pm | 655 Holt Street (Call for summer hours) • www.blscs.org | 250-554-2572 |
| Drop in Playgroup (F/D)..... | 9:00 am - 11:00 am..... | Secwepemc Child and Family Services Agency - 300 Chilcotin Rd..... | 250-314-9669 |
| Family Tree Drop-In Center (F/D)..... | 9:00 am - 12:00 pm | 657 Seymour Street..... | 250-377-6890 |
| Infant Massage (R) | 1:30 pm - 2:30 pm | Kamloops Aboriginal Friendship Society - 2355 Parkcrest Ave | 250-376-1617 |
| Kamloops Museum & Archives (D/R/C/by donation) | 9:30 am - 4:30 pm | 207 Seymour Street • www.kamloops.ca/museum..... | 250-828-3576 |
| Prenatal Class (R)..... | 10:30 am - 12:00 pm | Kamloops Aboriginal Friendship Society - 2355 Parkcrest Ave | 250-376-1617 |
| Rock a Bye Baby (F/R) | 10:30 am | North Kamloops Library - 693 Tranquille Road • www.tnrndlib.ca..... | 250-554-1124 |
| Tiny Tunes (F/D)..... | 10:30 am | Kamloops Library 100 - 465 Victoria Street • www.tnrndlib.ca..... | 250-372-5145 |

THURSDAY

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|--|---------------------------|---|--------------|
| Big Little Science Centre (C/D)..... | 10:00 am - 4:00 pm | 665 Holt Street • (Call for summer hours) • www.blscs.org | 250-554-2572 |
| Dad's Cultural Group (F/R) | 3:00 pm - 4:00 pm..... | Kamloops Aboriginal Friendship Society - 2355 Parkcrest Ave | 250-376-1617 |
| Family Tree Drop-In Center (F/D) | 9:00 am - 12:00 pm | 657 Seymour Street..... | 250-377-6890 |
| Kamloops Art Gallery (F)..... | 10:00 am - 9:00 pm | 101-465 Victoria Street • www.kag.bc.ca | 250-377-2405 |
| Kamloops Museum & Archives (D/R/C/by donation) | 9:30 am - 4:30 pm | 207 Seymour Street • www.kamloops.ca/museum..... | 250-828-3576 |
| Parent & Tot (F/D) | 10:00 am - 12:00 pm | Kamloops Aboriginal Friendship Society - 2355 Parkcrest Ave | 250-376-1617 |
| Preschool Storytime (F/R)..... | 1:30 pm | Kamloops Library 100 - 465 Victoria Street..... | 250-372-5145 |

FRIDAY

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|--|--------------------------|---|--------------|
| Big Little Science Centre (C/D)..... | 10:00 am - 4:00 pm | 655 Holt Street (Call for summer hours) • www.blscs.org | 250-554-2572 |
| Connexions Morning Coffee House (D/C) | 9:30 am - 11:30 am | 700 Hugh Allan Drive..... | 250-828-1114 |
| Family Storytime (F/D)..... | 10:30 am | North Kamloops Library - 693 Tranquille Road | 250-554-1124 |
| Friday Family Nights (F/R)..... | 5:30 pm - 7:30 pm..... | Boys and Girls Club @ John Tod Centre - 150 Wood Street..... | 250-554-5437 |
| Friday Family Fun with Literacy (F) | 6:00 pm - 7:30 pm | For dates and location visit: www.interiorcommunityservices.bc.ca | 250-554-3134 |
| Kamloops Museum & Archives (D/R/C/by donation) | 9:30 am - 4:30 pm | 207 Seymour Street • www.kamloops.ca/museum..... | 250-828-3576 |
| Preschool Storytime (F/R)..... | 10:30 am | Kamloops Library 100 - 465 Victoria Street | 250-372-5145 |

SATURDAY

| | | | |
|--|-----------------------------------|---|--------------|
| Big Little Science Centre (C/D)..... | 10:00 am - 4:00 pm | 655 Holt Street (Call for summer hours) • www.blscs.org | 250-554-2572 |
| Chapters Craft & Storytime (F)..... | 11:00 am - 12:00 pm..... | #4 - 1395 Hillside Drive..... | 250-377-8468 |
| City of Kamloops Pools (C/R) | Various times and locations | www.kamloops.ca/swim..... | 250-828-3655 |
| Kamloops Museum & Archives (D/R/C/by donation) | 9:30 am - 4:30 pm | 207 Seymour Street • www.kamloops.ca/museum..... | 250-828-3576 |
| Parent-Child Mother Goose (F/R) | Various times and locations | www.interiorcommunityservices.bc.ca | 250-554-3134 |
| Public Skate (C/D) | Various times and locations | www.kamloops.ca/arenas | 250-828-3335 |

SUN

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|------------------------------------|-----------------------------------|---------------------------|--------------|
| City of Kamloops Pools (C/R) | Various times and locations | www.kamloops.ca/swim..... | 250-828-3655 |
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